

GRAPFVINE

VISITACION VALLEY

NUMBER 179

SERVING OUR COMMUNITY

JUNE 2001

Summer's Just Around the Corner...



Local residents took time out to rest and enjoy a sunny day one early afternoon in a newly refurbished section of Visitacion Valley Playground at the corner of Leland Avenue and Cora Street.

Just What Powers the Electricity Woes in California?

by David Haddock

California's power crisis is shedding light on an issue overdue for debate: the high costs of modern environmentalism. As they ponder whopping utility bills, and worry about brown-outs, Californians are learning that aggressive environmentalism comes with trade-offs.

For instance, it's thanks in large part to pressure from environmentalists that no new power plant has been constructed in California over the past decade. And some of those power sources that are available are less effective, delivering less electricity than they are capable of providing, because of dubious environmental initiatives.

The federal Endangered Species Act is a prime example. In 1995, Interior Secretary Bruce Babbitt claimed that the Endangered Species Act costs each American an average of only 16 cents per year. But he left out the costs that show up on our utility bills. The Endangered Species Act has had a serious impact on the supply of electricity in the West.

Activists frequently invoke this and related laws to force changes in power-plant policies. Earlier this year, eight environmental groups threatened to sue Washington state's largest investor-owned utility if its hydroelectric dam is operated in a way that harms fish protected under the Endangered Species Act. Last June several activist groups sued the federal government over management of dams on the Colorado River, including Hoover Dam, a major source of power for Southern California.

Such lawsuits have already had a dramatic effect on power production. Environmental conservation and protection have transformed Glen Canyon Dam, which holds back Lake Powell, from a 1,300 megawatt resource to a 900 megawatt resource, a loss of more than 30 percent of its generating capacity. Production fell to

330 megawatts this past summer, according to Leslie James, executive director of the Colorado River Energy Distributors Association, an organization representing hundreds of power providers in the Colorado River Basin. "You take that amount of capacity out of the western wholesale market and it's going to have a serious impact on prices," he said.

In recent years the main goal of the operating plan for Folsom Dam, which generates about 10 percent of the Sacramento area's power, has been satisfying environmental concerns and regulations - particularly protection of winter-run Chinook Salmon. Water has been released from the dam when fish needed it most, rather than when the demand for hydroelectric power has been the greatest.

Such a focus on non-human needs has become typical of dam management throughout the West.

In California, air quality regulations have also done their part to prevent power plants from generating the electricity we need. The reason there has been a push to relax some regulations in recent weeks is because when they're enforced inflexibly,

Putting a Freeze on the Cost of Home Cooling

With electric rates soaring to record highs in many parts of the country, the summer cooling season could prove particularly costly for homeowners with inefficient, electricity-guzzling central air conditioning systems.

Older units with lower Seasonal Energy Efficiency Ratios (SEER) simply waste too much energy in providing the desired cooling levels, suggests the Trane Home Comfort Institute. The SEER is a measure of an air conditioning system's cooling efficiency. The higher the SEER, the higher the efficiency and the lower the energy use. The minimum SEER rating required of all new systems is 10 SEER, which is 25 percent higher than the rating for most air conditioning systems that have been in service 10 years or longer.

As the summer season cooling season approaches, the Trane Home Comfort Institute suggests that you ask a competent air conditioning dealer to evaluate your entire air conditioning system. If he recommends that you replace it, consider the potential energy cost savings and comfort benefits of a new central air system with a SEER rating of 12 or higher.

While these high-efficiency units may cost a little more than systems with lower-

New Meetings Now Scheduled For Third Street Light Rail Project

All interested members of the public are invited to attend upcoming construction outreach meetings of the Third Street Light Rail Project scheduled in several project areas, including one in Visitacion Valley this September.

Visitacion Valley's Construction Outreach Meeting for Segment F: Bayshore/Hester to Bayshore/Sunnydale is slated for Sept. 12 at 6:30 p.m. at the VVCC Children's Center at 50 Raymond Ave.

On June 28, a full Community Advisory Group meeting to discuss the project's initial operating segment will be held at the Southeast Community Center at 1800 Oakdale Ave. (at

Phelps) at 6 p.m. On the agenda are reports on Segment B and C construction outreach meetings; brief presentations on Segment D and E construction phasing, and parking and traffic impacts; information on the Youth Arts Program; and an update on the Community Jobs Program.

Future meetings at 1800 Oakdale Ave. are scheduled for July 11, discussing Segment D: Third/Jerrold to Third/Donner; and Aug. 16, discussing Segment E: Third/Donner to Bayshore/Hester, both at 6:30 p.m.

More information is available at the Third Street Light Rail Project Hotline at (415) 703-6655.

Planners Select Herz Playground as Location for Next Neighborhood Day

Planners for Visitacion Valley Neighborhood Day at a May 22 organizational meeting selected Herz Playground for the site of this year's event to be held Saturday, Sept. 22 from 11 a.m. to 3 p.m. Also planned for that day will be a community walk from Bayshore Boulevard to Herz Playground, located near Visitacion Avenue and Hahn Street, to familiarize event-goers with the newly-selected location.

Eight committees, including:

HUD Offers Lead-Safety Training to Workers

WASHINGTON - In an effort to help hundreds of communities comply with the nation's new lead safe housing rule, the Department of Housing and Urban Development is offering 200 free lead safety courses to thousands of maintenance workers and contractors in over 100 cities where there may be insufficient numbers of workers trained in lead-safe work practices.

"The nation's new lead-safe housing rule is designed to protect our most vulnerable and valuable resource - our children," said HUD Secretary Mel Martinez. "These one-day courses will provide workers the information they need to protect themselves, and to protect the children who will live in the properties they work on, from the threat of lead poisoning."

"More than 10,000 maintenance workers and contractors have already registered for these courses. Successful completion of the HUD course will help satisfy some of the new federal requirements in the lead safe housing rule."

HUD's new lead regulation covers nearly all federally owned and assisted residential housing built before 1978, the year lead paint was banned for home use. For further information or to register for these courses, visit www.leadlisting.org or call HUD's Lead Paint Compliance Assistance Center toll-free at 1-866-HUD-1012.

HUD is also providing scholarships for approximately 2000 lead sampling or clearance technicians. The scholarships are available through 72 accredited providers HUD has trained to offer the course. Sampling technicians perform clearance examinations after activities that disturb

production, Safety, Fundraising and Finance, Public Relations and Outreach, Service Provider Coordination, Entertainment, Food, and Cleanup will facilitate organization of the event.

Each committee will be meeting separately and committee chairs giving updates at the next scheduled meeting, to be held Thursday, June 28, from 11 a.m. to 12:30 p.m. at Visitacion Valley Community Center, 50 Raymond Ave.

lead paint to ensure that fine particles of lead in dust have been properly cleaned up.

Certain training is required to perform a clearance examination since the test determines whether a house is safe for a family to re-enter after work has conducted. People interested in attending this training course should check with their state regulatory agency to determine whether sampling technicians can conduct clearance examinations in their state.

Public housing authorities, community planning and development grantees, and other organizations involved in rehabilitation in federally assisted housing are invited to take advantage of this opportunity to train their employees as sampling technicians.

For a list of the firms that are eligible to offer the scholarships, visit www.leadlisting.org or call the Lead Paint Compliance Assistance Center at 1-866-HUD-1012.

In addition to these free training opportunities, HUD's Real Estate Assessment Center (REAC) is providing no-cost testing for housing covered under HUD's Section 8 Project-Based Rental Assistance Program.

To date, more than 3000 property owners have requested lead-based paint evaluations. Requests for this free testing may still be submitted by calling the REAC Hotline toll-free at 1-877-406-9220.

Property owners who already have had lead paint inspections indicating that their properties were free of lead paint, can send their inspection reports to REAC for review. If the inspections are approved, the property may be exempt from the HUD's rule.

Delta Street Gets an Upgrade



Delta Street between Campbell and Tucker Avenues was recently improved to better accommodate vehicles in the neighborhood.

Grapevine Mailbox**The Moonlight Gambler**

Dear Editor:

A wonderful song of years gone by describes our Governor. "They call him the moonlight gambler. He gambled for love and lost."

Gray Davis thought that he could win the energy crisis by putting our chips on the table and betting the statehouse in a well meaning attempt to keep our lights on.

Unfortunately, he didn't realize that he was in a crooked game and the guys that he was playing with held the best cards – bankruptcy.

Our Governor, who claims to be the best trained lady in waiting, has the least preparation for a crisis. He has demonstrated that he does not understand that under the California Constitution a Governor provides leadership by his probity and not by issuing edicts to the legislature and demanding filial loyalty from his appointments to the bench and the Public Utilities Commission.

His approach to the energy crisis – a problem that virtually no one foresaw and was certainly not his fault – demonstrated his lack of executive capacity.

Instead of attacking the core of the problem – control of the costs that were being extorted from utility customers he sought to bribe the terrorists of North Carolina, Texas and intermediate states that were exacting tribute in the form of electrical and gas prices.

He cried to the President and the Federal Energy Commission to solve his problem by exercising a regulatory attitude that they had rejected for years under a Democratic regime and were hardly about to change under Republican rule.

Advice That Will Put You to Sleep

Better Sleep Month is here, and just in time. Forty-seven percent of adults would like to improve the quality of their sleep, and 37 percent feel that they do not get enough sleep, according to a new survey conducted by the Better Sleep Council (BSC).

"Growing demands on our lives and endless "to do" lists can make it difficult to get enough sleep," says Andrea Herman, Director of the Better Sleep Council. "However, it's important to make sleep a priority and to strive to get the best quality sleep that we can."

"We all have too much to do, so make the most out of your time in bed. Sleep in a cool, quiet, dark room on a comfortable, supportive mattress to help ensure a great night's sleep. How well you sleep at night can make all the difference in how productive you'll be the next day," says Herman.

Because your mattress plays such an important role in how well you sleep, the Better Sleep Council recommends that you ask yourself the following questions:

*Do you wake up with pain, stiffness, or soreness?

*Are you not sleeping as well as you were a year ago?

*Was your best night's sleep somewhere other than your own bed?

*Does your mattress show visible signs of wear and tear?

If you answered "yes" to any of these questions, your mattress could be affecting the quality of your sleep. An uncomfortable mattress can rob you of sleep, causing you to toss and turn and preventing you from deriving the full benefit of your time in bed.

Sleeping on a mattress that meets your needs for comfort, support and space can help you sleep better. Too often, people are unaware that their mattress is no longer meeting their needs. Sleepless nights can be avoided by carefully evaluating the comfort and support of your sleep set twice a year to make sure your personal comfort

That old gray goose then proposed to put the state in hock for 20 years in a bit of financial juggling that funneled taxpayers funds into the hands of the incompetent utilities that brought about the crisis with a gentlemen's agreement that they would use their best efforts to pay the energy terrorists. One of these utilities, PG&E, even demanded total freedom from State regulation as a condition to its terms of extortion of the people of the State.

Fortunately, PG&E, in a fit of anger and greed sought the help of the Federal bankruptcy courts. This was a long, calculated move to take the energy problem out of the Governor's ineffective hands and the meddling of the Legislature.

Unfortunately, I have represented the State in over 13 bankruptcy actions that involved state regulated companies and as the man who sells suits says it: I guarantee that when you get through with the experience you will have no clothes and be thoroughly disgusted with the system that pays the trustees and attorneys and fleeces the consumers and shareholders.

However, this move will end the misguided attempts of the Governor and the Legislature to do business with the terrorists.

Our state should follow the example of energy producer CALPINE and acquire power and gas generation facilities wherever they can be located. We should use our reserve billions and credit to buy our freedom from the extortionists. If this means the end of private utilities, so be it. It means the end of the Public Utilities Commission's regulation and the firing of its incompetents, so be it.

If it means the end of the political dreams of our moonlight gambler, so be it.

Marshall S. Mayer

preferences are still being met.

"Your mattress is such an easy factor to control, yet so few people think about how comfortably they sleep or can sleep on their mattress," says Herman.

Here are ten tips to help you get the sleep you need and deserve:

1. Give yourself "permission" to go to bed. As hard as it may be to put away your "to do" list, make sleep a "priority." You'll thank yourself in the morning.

2. Unwind early in the evening. Try to deal with worries and distractions several hours before bedtime.

3. Develop a sleep ritual. Doing the same things each night just before bed signals your body to settle down for the night.

4. Keep regular hours. Keep your biological clock in check by going to bed around the same time each night and waking up close to the same time each morning – even on weekends.

5. Create a restful place to sleep. Sleep in a cool, quiet, dark room.

6. Sleep on a comfortable, supportive mattress and foundation. It's difficult to sleep on a bed that's too small, too soft, too hard, or too old.

7. Exercise regularly. Regular exercise can help relieve daily tension and stress – but don't exercise too close to bedtime or you may have trouble falling asleep.

8. Cut down on stimulants. Consuming stimulants, such as caffeine, in the evening can make it more difficult to fall asleep.

9. Don't smoke. Smokers take longer to fall asleep and wake up more often during the night.

10. Reduce alcohol intake. Drinking alcohol shortly before bedtime interrupts and fragments sleep.

The "Better Sleep Guide," a 16-page brochure that provides simple solutions to help improve the quality of your life by improving the quality of your sleep, as well as information on how your bedroom and mattress can affect the quality of your sleep, is available free to consumers. Send your request to: Guide, P.O. Box 19534, Alexandria, VA 22320-0534.

For more information on getting a good night's sleep or to download a copy of the "Better Sleep Guide," visit the Better Sleep Council's Web site at www.bettersleep.org. For more information, contact Andrea Herman at 703-683-8371 or Erin Hill at 202-452-9405 or erin.hill@ogilvypr.com.

What Do You Know About Batteries?

by Maria T. Baird, Public Outreach Coordinator, San Francisco Solid Waste Management Program

Ask San Francisco residents if they recycle, and odds are they will say yes. The city is full of recyclers, and many of them have a devotion for the art of reuse that goes far beyond sorting out their glass and plastic, or bundling newspapers for pickup on trash day.

Holly Eric recycles almost everything, from the usual bottles and cans, to odds and ends around the house. "Wine corks, wrapping paper, pieces of fabric, old shoelaces – anything you can imagine is donated to day care centers for crafts projects," Eric said.

For Cindy Alvarez, reducing the waste stream doesn't stop at home – she practices recycling at work in San Francisco. "At my office, we try to use both sides of the paper before recycling it," Alvarez said, "and that's been very successful."

But ask those same people if they recycle household batteries, and you're likely to meet with a blank stare. Relatively few people are even aware that those little gizmos that power your portable CD player, your cell phone, your emergency flashlight, even your watch – can be recycled.

Darcy Brown hadn't given much thought to battery recycling either, until she spotted an old battery on a San Francisco street.

"I saw this battery lying in a pool of water getting rusty and corroded, and I thought this can't be good – people throw these things in the trash. That's got to leach in the ground and into the water system."

Brown, who is the commercial outreach coordinator for the City's Solid Waste Management Program, was in the position to be able to do something about the problem. She knew that Walgreen's already sponsored a city disposal program for used hypodermic needles. Why not a similar drop-bin for household batteries?

A member of San Francisco businesses, including Radio Shack and Cole

Hardware, already accept used rechargeable and alkaline batteries, the two types of batteries that are most easily recycled. But Darcy Brown said the key to her idea was that the program would be expanded to include more convenient outlets. That includes alkaline and zinc-carbon batteries, as well as rechargeable batteries, and the little button batteries used in cameras and watches.

In fact, each American household throws away an estimated two pounds of batteries a year – in the Bay Area that's four-and-a-half million pounds of batteries entering the waste stream annually.

Household batteries account for most of the mercury in our trash, and heavy metals like cadmium, contained in batteries, can then permeate the groundwater. Mercury and mercury compounds in batteries are highly toxic to people, wildlife and the environment. Health risks associated with mercury include kidney damage and genetic, neurological, and psychological disorders. Cadmium is a confirmed human carcinogen, and is poisonous when ingested or inhaled.

By recycling batteries, environmentally conscious San Franciscans can prevent all of these harmful substances from getting into our environment.

"For Walgreens it's a no-brainer – and for us it's a tremendous program – really groundbreaking," Brown enthused. "It raises the consciousness of people, and gets that gunk out of the waste stream and water supply."

Paul Horcher, director of the San Northern California Gas Prices at Record Levels

Northern California motorists continued to feel the pain of record level gas prices, according to AAA's monthly gas survey released on May 15.

The average price for a gallon of regular unleaded self-serve gas in Northern California is \$1.98, up 8 cents from April and the highest since last November, according to AAA's monthly gas survey. The Bay Area average is \$2.02, up 9 cents from last month. In one month, the national average vaulted 13 cents to a new record high of \$1.72.

"This does not bode well for the summer driving season," said Bronwyn Hogan, AAA spokeswoman.

Francisco Solid Waste Management Program, says the program is off to a quick start. "People were bringing (batteries) in even before the bins were in place, storing them in bags to take in," he said. In the first month, with minimal publicity, the program has collected three containers full of household battery, nearly 200 pounds of batteries and their toxic components, that will be recycled instead of going to the dump.

The battery recycling containers are now available at 47 Walgreens stores throughout the city. For Brown, asking Walgreens to partner with the City in the program was a perfect fit.

"I thought, everybody knows where their Walgreens is, how easy is that?" Brown said. "And it's behavior modification also. Taking one more step for taking responsibility for their footprint on the earth."

The batteries are disposed of as hazardous materials, drained of toxic chemicals, and their component metals are melted and recycled.

Recyclers around the Bay Area say they will take advantage.

"Now that I know that batteries bring hazardous chemicals to landfills, I will save my batteries and bring them to Walgreens to get recycled," said recycler Jo Townsend.

"I don't go through very many batteries, but I'd certainly recycle them if it were reasonably convenient," said Cindy Alvarez. "Dropping them off at San Francisco Walgreens would be easy enough!"

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FeatureSource

A Safe, Affordable Home For Every Californian

by Senator John Burton

From homeless individuals trying to find shelter to families being priced out of neighborhoods, helping people find safe, affordable housing is one of the key challenges facing San Francisco and the entire state.

Some recent actions in the Capitol may provide ways of easing these problems.

Last year, I asked a group of experts—many of them from San Francisco—to look at different problems of homelessness and report back with suggestions on how we can do a better job. In May they released their report *A Home for Every Californian* which outlines some specific steps the state can take to help local communities deal with homelessness.

The suggestions include:

- *Improving discharge planning following hospitalization, foster care placement or incarceration, so at-risk individuals aren't merely turned out into the streets.

- *Expanding specialized courts for the homeless and mentally ill, which allows them to clear minor "quality of life" charges by successfully completing treatment, which makes them more employable and housable.

- *Increasing funding for county drug and alcohol treatment programs, including residential treatment facilities.

- *Improving services to the mentally ill. Over the past couple of years we've put in place an aggressive services outreach program that has resulted in a 64 percent drop in hospitalization, a 73 percent decrease in incarceration and a 59 percent drop in days spent homeless. I'm backing legislation to expand this program wherever possible.

- *Improving services to particularly vulnerable people in our society including veterans, who are too often turned away by housing programs because of the erroneous assumption the Veterans Administration will handle them; victims of domestic violence who often need transitional housing longer than existing emergency and programs can provide, and foster youths, who are often put out completely on their own as soon as they turn 18.

- *Removing duplicative and conflicting requirements that get in the way of non-profit organizations working to build and rehabilitate housing.

We are also examining ways to help working families, seniors, people with disabilities and other Californians who see the dream of renting or owning a home slip further out of reach.

I've written legislation that would create the Residential Security Deposit Guarantee Program, which will help lower-income renters move into new apartments or houses and be able to pay off the security deposit in installments.

I have also requested an additional \$322 million in the state budget to help fund housing assistance programs, including the CalHome Program, which enables low and very-low income households to become or remain homeowners, the Homebuyers' Downpayment Assistance Program, and the Multi-family Housing Program, which aids in the construction, rehabilitation and preservation of rental housing for lower-income households.

Unfortunately much of the funding needed for affordable housing and homelessness programs depends on a very uncertain budget picture. Support for many important programs hinges on the State's revenue picture after tax returns are processed, how much the state has spent to keep the lights on and how soon that money will be repaid. If affordable housing funds are not available through the State's general fund, I am committed to exploring other avenues. For instance, I have introduced legislation to put a housing bond on the next statewide ballot to get this assistance to residents.

Increasing affordable housing and decreasing homelessness will reap benefits in many areas, including savings in health care and the criminal justice system. Investments in services outreach and sensible housing programs are keys to getting people keys of their own—to a safe, affordable home.

John Burton (D-San Francisco) is President pro Tem of the California Senate. His work on homeless and affordable housing issues was honored in May by

Talent Show and Latino/Pacific Islander Festival Pack "Little Vis" Auditorium



"Tahitian Dance" by Justice and Ja-Boy Mavia opened the talent show.



"The Hukilau" was performed by Mr. Hunter's 2nd graders.



Mrs. Zamora's Kindergarteners danced "La Raspa," during the festival at Visitacion Valley Elementary School on May 15.



"Yanvalou" Haitian Dance and Drumming. Dancers: Ebony, Merylli, and Ms. Marshall. Musicians: Irene, Allen, Anna, Edward and Peter.

Two days later on May 17, hundreds sponsored by the PTA and spearheaded by Ms. Marshall, Mrs. Flores, Ms. Mok and Mr. Machado.

Fresh Tomatoes: A Tasty Solution To Healthy Eating

(NAPS) If you're thinking about your health or watching your weight, you're probably on the lookout for recipes that are low cal...or low fat...or maybe low carb. Search no further. Chicken with Herbed Fresh Tomato Sauce not only meets all those criteria, but tastes so good you'll be proud to serve it to your family or guests.

This one-skillet main course is made by combining juicy fresh tomatoes, garlic and tarragon to create a quick sauce for sautéed boneless chicken breasts. Melted Swiss cheese adds the perfect finishing touch to this delicious and healthful dish. Serve with quick cooking couscous or rice and dinner is ready in less than 30 minutes.

Gorgeous red tomatoes are a feast for the eyes and they're good for us, too. Lycopene, the substance that gives tomatoes their bright pigment, is a powerful antioxidant believed to reduce the risk of heart disease and certain kinds of cancer. Lightly

cooking tomatoes, as in this recipe, helps release more lycopene for absorption by our bodies.

Fresh tomatoes from sunny Florida are in season right now. If they're not ready to eat, bring them home—but don't put them in the refrigerator! Chilly temperatures stop the ripening process and destroy flavor. Instead, place the tomatoes on your kitchen counter or in a bowl until they soften and turn red-ready to slice or chop for healthful salads, sandwiches, stir-fries and more.

Chicken with Herbed Fresh Tomato Sauce

1 pound fully ripened fresh Florida tomatoes; 1/4 cup flour; 1 teaspoon salt; 1/4 teaspoon ground black pepper; 2 tablespoons olive oil; 4 boneless skinless chicken breast halves (about 1-1/4 pounds); 3 teaspoons minced garlic; 1/2 teaspoon dried tarragon; 2 ounces Swiss cheese slices, cut in 1/4-inch strips (about 1/2 cup).

Core and coarsely chop tomatoes (makes about 3 cups); set aside. On a plate, combine flour, salt and pepper. Coat chicken breasts with seasoned flour, patting to remove excess. In a

large skillet (preferably nonstick), over medium heat, heat oil until hot. Add chicken. Cook over medium heat until chicken is no longer pink in the center, about 4 minutes on each side. Remove chicken and keep warm. In the same skillet, combine reserved tomatoes, the garlic and tarragon; cook and stir over low heat until some of the liquid evaporates and a sauce is formed, about 10 minutes. Return chicken to skillet; spoon tomato sauce over chicken and top with cheese. Cover and heat until cheese melts slightly, about 2 minutes. If desired, serve with couscous or rice. Makes 4 portions.

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Book Reviews

Treatment For Cancer Gets Sophisticated

Oregon Medical Press announced the release of *Natural Compounds in Cancer Therapy*, a book by John Boik that brings scientific scrutiny to alternative cancer treatment and closes the gap between the worlds of conventional and alternative medicine.

Up to 60 percent of all cancer patients use some form of alternative medicine, but until now little credible information has been available to guide them. Unlike books and articles that make wild claims for natural cures, *Natural Compounds in Cancer Therapy* is a scholarly review of the potential role of natural compounds in cancer treatment. It represents a new sophistication in the field of natural compounds research and uses the latest scientific breakthroughs to examine and explain the workings of natural substances.

This unique book delivers credible, scientific information on the merits and drawbacks of natural compounds and will be of use to patients, physicians, nurses, pharmacists, researchers, and all people interested in natural medicine. Containing over 4,000 references, it comprehensively reviews the influence of 36 different natural compounds on cancer biology. Early reviews are excellent. Dr. William Fair, former chief of the urology department at Sloan-Kettering Cancer Center calls it "the ultimate reference for all those interested and working in the area of medicinal botanicals."

This is the second book on the topic by Boik. His first, *Cancer and Natural Medicine* (1996) was praised by medical and lay journals around the world. The respected oncology journal *Cancer Letters* proclaimed "John Boik deserves the accolades of the medical and scientific community for his efforts in assembling the present knowledge of natural therapies and combining it with current knowledge and beliefs about the mechanisms of cancer development." The new book dives

deeper into the subject and uses new information to provide a more thorough understanding of the potential use of natural compounds in cancer treatment.

Boik holds a masters degree from the Oregon College of Oriental

Medicine and sits on the Editorial Review Board of the journal Alternative Medicine Review. For more information, call Oregon Medical Press at 1-800-610-0768 or visit www.ompress.com.

Individualized Approach To Defeating Depression

There's a new book out that offers a different theory on depression. Called *Depression-Free for Life: A Physician's All-Natural, 5 Step Plan* (William Morrow, \$23.00), by Gabriel Cousens, M.D. with Mark Mayell. It's been touted as "the definitive guide for the natural healing of depression."

The book has been called compulsively readable for everyone who wants to experience more peace, joy and love in their lives.

Dr. Cousens has based his groundbreaking program on the idea that all depressions are not alike and they do not always have the same physical or mental causes although over fifty million people in the U.S. suffer from depression.

For example, the doctor says one person's depression may be the result of low levels of serotonin or dopamine which are the primary activators of pleasure centers of the brain. Another person's depression may be caused by a deficiency of glutamine, an amino acid that helps the brain perform at its peak level, and boosts mood and alertness.

Dr. Cousens also believes that in order to find effective treatment, we must understand what he calls "the biologically altered brain." This occurs when the brain suffers an emotional or physiological imbalance and is unable to restore its own biochemistry. This situation is a major contributor to depression, anxiety, adult attention deficit disorder, substance abuse and an assortment of other addictions.

Dr. Cousens says people can heal depression safely at the biochemical

level, rebalancing what he calls "the natural drugs of the brain" through a highly effective five-step program of mood-boosting substances: combinations of amino acid therapy, vitamin and mineral supplementation, diet and lifestyle changes.

Unlike drug therapy which only soothes symptoms Dr. Cousens says his methods actually repair depression restoring control and joy in life.

A seven-day menu plan with thirty savory but simple recipes can give readers a jump start on eating right to feel great.

NAPS

Buying a House By the Book

A new book can help consumers do their homework better before shopping for a house.

David Weekley, chairman of David Weekley Homes, one of the country's leading home builders, recently released *How To Buy A Home Without Getting Hammered* to aide consumers in the home buying process.

Offering helpful tips to home hunters, the book covers a variety of topics ranging from neighborhood and home selection to avoiding hidden costs.

In addition, the book can help consumers determine whether to buy a resale or a new home and addresses construction expectations and the best ways to deal with warranties.

According to Weekley, buying a home represents one of the largest investments anyone can make. The author says his book can be used by consumers as a tool to break through much of the industry "jargon" and relates to consumers on a personal level. The book currently is available on Amazon.com.

NAPS

Country Matters

For anyone who has ever dreamt of packing up and starting over in the country, a new book offers a humorous look at life in the slow lane. New York Times best-selling author Michael Korda tells and illustrates the hilarious story of his escape from New York City to a life with horses, pigs and a leaking roof in *Country Matters: The*

Pleasures and Tribulations of Moving from a Big City to An Old Country Farmhouse (Harper Collins, \$26).

In 1979, Korda and his wife, Margaret, purchased a run-down 20-acre farm and house dating from 1785. Anxious to move to the country, they soon discovered that their dream house came complete with rusted plumbing, frayed wiring, rotted roof tiles and an eccentric handyman. In a story that evokes both *A Year In Provence* or Mr. Blandings Builds His Dream House, the Kordas soon come to realize that when you find a home you truly love, you can live with and even enjoy less than perfection.

NAPS

Eating Well is The Best Revenge

Experts say many Americans are more confused about diet and nutrition than almost any other aspect of their lives. Why? Because they have been receiving mixed messages about food and diet for decades.

A new book out now, *Eating Well for Optimum Health: The Essential Guide To Bringing Health and Pleasure Back To Eating* (Quill; \$14.00), by Dr. Andrew Weil claims to clear up the diet bewilderment of many.

Because Americans are bombarded by completely contradictory information in books and magazines, on television and radio and through advertising and

the Internet, more and more people are perplexed. The end result of this confusion is ineffective fad diets.

Dr. Weil has been studying diet and nutrition for over three decades. He believes that diet is one of the cornerstones of a healthy life and he can teach readers how, through diet, to develop and maintain a health and wellness program for life.

In *Eating Well For Optimum Health*, Dr. Weil details the essential facts of human nutrition, and enables readers to make informed choices of what they should eat. Dr. Weil also says "eating well" is an important determinant of how we feel and how we age."

Dr. Weil educates readers about weight reduction and diet aids; discusses the pros and cons of popular diets; demystifies labeling on food products; and provides dietary tips for overcoming common ailments.

He identifies what he considers good and bad foods and describes how our bodies react to them. Dr. Weil explains that by exploring all the issues and controversies surrounding food and nutrition, readers can make the right dietary choices. Then they may be able to establish a sense of what eating well really means.

Lastly, Dr. Weil discusses what he feels is "the best diet in the world," and even includes 75 recipes he thinks can help readers get started on the road to wellness.

NAPS

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee (except where noted). Call 554-9600 for further information.

*June 2: Meet a snake and make your own snake headband.

*June 9: Take a close look at caterpillars and bugs and make a butterfly to take home..

*June 16: Play with prisms and make your own rainbow.

*June 23: Discover the power of magnets and electricity.

On June 30, splash into games, boat

races and water experiments at the Museum's annual Water Play Day from 11 a.m. to 3 p.m.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

North Beach Festival

A celebration of San Francisco's Little Italy and the Beat Generation, the 47th annual North Beach Festival will feature live music, arts, crafts and great food on June 16 and 17 at Washington Square, along upper Grant Avenue and on adjacent North Beach streets.



Cathy Kline Saunders

Lifetime Senior Marketing Consultant
Broker Associate

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Advertisements Promising Debt Relief May be Offering Bankruptcy

Debt got you down? You're not alone. Consumer debt is at an all-time high. What's more, record numbers of consumers—more than 1 million in 1998—are filing for bankruptcy. Whether your debt dilemma is the result of an illness, unemployment, or simply overspending, it can seem overwhelming. In your effort to get solvent, be on the alert for advertisements that offer seemingly quick fixes. While the ads pitch the promise of debt relief, they rarely say relief may be spelled b-a-n-k-r-u-p-t-c-y.

And although bankruptcy is one option to deal with financial problems, it's generally considered the option of last resort. The reason: its long-term negative impact on your creditworthiness. A bankruptcy stays on your credit report for 10 years, and can hinder your ability to get credit, a job, insurance, or even a place to live.

The Federal Trade Commission cautions consumers to read between the lines when faced ads in newspapers, magazines or even telephone directories that say:

"Consolidate your bills into one monthly payment without borrowing."

"STOP credit harassment, foreclosures, repossessions, tax levies and garnishments." "Keep Your Property."

"Wipe out your debts! Consolidate your bills! How? By using the protection and assistance provided by federal law. For once, let the law work for you!"

You'll find out later that such phrases often involve bankruptcy proceedings, which can hurt your credit and cost you attorneys' fees.

If you're having trouble paying your bills, consider these possibilities before considering filing for bankruptcy:

Talk with your creditors. They may be willing to work out a modified payment plan. Contact a credit counseling service. These organizations work with you and your creditors to develop debt repayment plans. Such plans require you to deposit money each month with the counseling service. The service then pays your creditors. Nonprofit organizations charge little

or nothing for their services. Carefully consider a second mortgage or home equity line of credit. While these loans may allow you to consolidate your debt, they also require your home as collateral.

If none of these options is possible, bankruptcy may be the likely alternative. There are two primary types of personal bankruptcy: Chapter 13 and Chapter 7. Each must be filed in bankruptcy court. The current filing fees are \$160.

Attorney fees are additional and can vary widely. The consequences of bankruptcy are significant and require careful consideration.

Chapter 13 allows you, if you have a regular income and limited debt, to keep property, such as a mortgaged house or car, that you otherwise might lose. In Chapter 13, the court approves a repayment plan that allows you to pay off a default during a period of three to five years, rather than surrender any property.

Chapter 7, known as straight bankruptcy, involves liquidating all assets that are not exempt. Exempt

property may include cars, work-related tools and basic household furnishings. Some property may be sold by a court-appointed official—a trustee—or turned over to creditors. You can receive a discharge of your debts under Chapter 7 only once every six years.

Both types of bankruptcy may get rid of unsecured debts and stop foreclosures, repossession, garnishments, utility shut-offs, and debt collection activities. Both also provide exemptions that allow you to keep certain assets, although exemption amounts vary. Personal bankruptcy usually does not erase child support, alimony, fines, taxes, and some student loan obligations. Also, unless you have an acceptable plan to catch up on your debt under Chapter 13, bankruptcy usually does not allow you to keep property when your creditor has an unpaid mortgage or lien on it.

For More Information, visit the Federal Trade Commission web site, or contact the AFSA's Education Foundation at 1-888-400-2233 for more credit/money management information.

Brunches Brimming with Cinnamon Delights

(NAPS) Aromatic additions to the traditional brunch are now even easier to prepare—and just as wonderful to smell—thanks to the convenience of cinnamon.

For example, no matter what the occasion, baked goods can be infused with cinnamon flavor via Hershey's Cinnamon Chips.

These tasty chips can quickly spice up scones, waffles, hot cereals and more. This recipe can serve as a flavorful finish to a brunch or just a delicious everyday snack.

Cinnamon Sour Cream Cake

3 cups all-purpose flour; 2 cups granulated sugar; 2 teaspoons baking powder; 1/2 teaspoon salt; 1 container (8 oz.) dairy sour cream; 4 eggs; 2 teaspoons vanilla extract; 1-1/4 cups (2-1/2 sticks) butter, softened; 1-2/3 cups (10 oz. package) Hershey's Cinnamon Chips; 2 tablespoons all-purpose flour; powdered sugar (optional).

Heat oven to 350 F. Generously grease and flour 12-cup fluted tube pan.

Combine 3 cups flour, granulated sugar, baking powder and salt in large bowl. Beat sour cream, eggs and vanilla with fork or whisk in medium bowl until smooth.

Add butter and 1 cup sour cream mixture to flour mixture. Beat on low speed until thoroughly combined; beat 1 minute on high speed. Add remaining sour cream mixture; beat on medium speed until fluffy.

Stir together cinnamon chips and remaining 2 tablespoons flour until chips are coated; gently stir into batter. Pour batter into prepared pan.

Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool 20 minutes; remove from pan to wire rack. Cool completely. Sprinkle with powdered sugar, if desired.

Makes 12 to 16 servings.

Extension Cords Not "One Size Fits All"

Just because the first extension cord you find in your garage has the length to reach the outlet across the room, it doesn't mean it's the proper one to use for the task at hand. If a power tool is drawing more current than an extension cord can carry, it may cause the cord and tool to overheat and create a fire. Before using any extension cord to help power an electrical tool or appliance, the safety professionals at Underwriters Laboratories, Inc. (UL) encourage consumers to ask themselves three important questions: Will I use the cord indoors or outdoors? What is the total wattage rating of the appliances I'll use with the cord? How far is the nearest outlet from where I'll be working?

Extension cords are labeled with valuable information as to the use, size and wattage rating of the cord. Cords are offered in many lengths and are marked with a size or gauge. The gauge is based on the American Wire Gauge (AWG) System, in which the larger the wire, the smaller the AWG number. For example, a 12 gauge wire would be larger, and an power larger wattage appliances than a 14 gauge wire.

Before deciding which extension cord to use, first carefully read the manufacturer's instructions for the power tools you will be using. These booklets contain important information about your tools and will provide instructions on their use. The booklets will also indicate whether the tools are suitable for use outdoors. Likewise, the first step in determining which extension cord you will need is to decide whether you will be using the appliance indoors or outdoors. Extension cords that can be used outdoors will be clearly marked "Suitable for Use with Outdoor Appliances." Never use an indoor extension cord outdoors. It could result in an electric shock or fire hazard.

To determine what size—or gauge—cord you will need, you will also have to determine how long you need the cord to be. A cord, based on its gauge, can power an appliance of a certain wattage only at specific distances. As the cord gets longer, the current carrying capacity of the cord gets lower. For example, a 16 gauge extension cord less than 15 feet in length

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can power a 1625 watt (W) appliance. A 16 gauge cord that is longer than 50 feet in length can only power an appliance up to 1250W.

All appliances indicate how much wattage is consumed when operated; that rating can be found on the appliance itself and often within the use and care booklet that accompanies the product. Other appliances will indicate power usage in amps, rather than watts. Quick tip: if your appliance indicates that it uses 5 amps at 125 volts, then its wattage rating is 625W (5x125).

If you are going to use the extension cord with two or more appliances, you must add together the wattage rating for all appliances used on the cord. The total of those wattage ratings will help you determine which gauge size you will need.

Follow these additional safety tips when using extension cords with power tools and garden appliances:

*Look for the UL Mark on extension cords you purchase. The UL Mark means that representative samples of the cord have been tested for foreseeable safety hazards.

*Store all cords indoors when not in use. Outdoor conditions can deteriorate a cord over time.

*Never keep an extension cord plugged in when not in use. The cord will still conduct electricity until it is unplugged from the outlet. Most newer indoor cords with more than one outlet have covers for the unused openings—use them. Children and pets face serious injury if they chew on unused outlets or stick sharp metal objects into the openings.

*Do not use extension cords that are cut or damaged. Touching a single, exposed strand of wire can give you an electric shock or burn.

*Never file or cut the plug blades or grounding pin of an extension cord or appliance to plug it into an old outlet.

*As a safety feature, extension cords and most appliances have polarized plugs (one blade wider than the other). These special plugs are designed to prevent electric shock by properly aligning circuit conductors. If a plug does not fit, have a qualified electrician install a new outlet.

By using extension cords properly, you and your family can enjoy longer, safer use of your power tools and garden appliances.

SENIOR CENTRAL DISTRICT 7

PORTOLA / VISITACION VALLEY / EXCELSIOR

66 RAYMOND AVENUE, SAN FRANCISCO, CA 94134

(415) 330-1789 (415) 330-8559 - FAX

If you know or need any assistance of the following services: Housing, Transportation, Translation and Form Aid, Food/Nutrition, Mental Health, Elderly Abuse, Disabilities, Legal Aid, In-Home Support Service, Health Services, Hearing, Financial Assistance, Home-Delivered Meals, and Social Services, please call us so we can help you.

Elder Abuse Presentation 老人虐待講座

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Further Information, Please call (415) 330-1789, Senior Central D#7.
如有任何問題請電 (415) 330-1789, 耆英諮詢中心。

June 13, 2001
11:00 a.m., Wednesday

時間
6月13日 2001
上午11:00, 星期三

Visitacion Valley Community Center
66 Raymond Ave.
San Francisco, CA 94134

地點
訪谷社區中心
66 Raymond Ave. (李文街)
三藩市, CA 94112

June 15, 2001
11:45 a.m., Friday

時間
6月15日 2001
上午11:45, 星期五

John King Senior Center
590 Leland Ave.
San Francisco, CA 94134

地點
John King 耆英中心
590 Leland 街 (李深街)
三藩市, CA 94112

June 22, 2001
11:00 a.m., Friday

時間
6月22日 2001
上午11:00, 星期五

Mission YMCA
4080 Mission St.
(between Bosworth & Silver)
San Francisco, CA 94134

地點
米堤 YMCA
4080 Mission St (米堤街)
(Bosworth 街同 Silver 街交界)
三藩市, CA 94112

Grapevine Puzzler San Mateo County Towns

E A R B L L I M E N L O P A R K B N P S
 D W M D X C V R A R E T N O M D S F U O
 I B O A Q E R A F G H Y C X R B V B R L
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 A L V P E S C A D E R O V C V B B V B A
 E H G U O R O B S L L I H V C F D S X S

Atherton	El Granada	Millbrae	Redwood City
Belmont	Foster City	Montara	San Bruno
Brisbane	Half Moon Bay	Moss Beach	San Carlos
Burlingame	Harrison	Pacifica	San Gregorio
Colma	Hillsborough	Pescadero	San Mateo
Daly City	La Honda	Portola	South San
Davenport	Loma Mar	Valley	Francisco
East Palo Alto	Menlo Park	Purissama	Woodside

Historic Proportions

Match clues to answers.

1998

- U.S. House of Representatives gave approval on Dec. 19.
- Stanley Cup winners on June 16.
- Winner of 11 Academy Awards on Mar. 23.
- Document of 445 pages released Sept. 9 by independent counsel.
- Winners of Super Bowl 32 on Jan. 25.
- Impotence drug went on market Apr. 10
- Again NBA champs on June 14.
- Winter Olympics opened here on Feb. 7.
- Home run champion of baseball on Sept. 27.
- Stunning return to space on Oct. 29 at age 77.
- Peru ended decades of conflict on Oct. 26 with neighbor.
- White House intern became household name on Jan. 21.
- Popular TV show's last episode May 14.
- Storm devastated Caribbean Sept. 21-23.
- Won World Series in a four-game sweep on Oct. 21.
- He became Teamsters president

Five Years Ago In the Grapevine

JUNE 1996

*A pony ride for youth was a popular attraction at the Visitacion Valley Street Festival held May 18.

*More than 1,400 signatures of

Visitacion Valley residents were gathered on a petition calling for

improved neighborhood safety.

*Three levels of ESL language and citizenship instruction commenced June 10 at Visitacion Valley Community Center.

*Sunnydale Senior Association held its annual Mother's Day dinner.

*St. James Presbyterian Church celebrated its 90th anniversary with a special service as certificates of recognition were presented to Rev. Lloyd Strehl and Rev. Jim Eakin, former pastors of the church.

*Leonard Vinci of Norcal gave a progress report of steps taken to rectify major areas of complaint with the Norcal Solid Waste Transfer and Recycling Facility during a May 9 meeting at Executive Park.

Sump, the Grump



Native Plant Habitats on San Bruno Mountain

Mary Petrilli, recently appointed director of the San Bruno Mountain Stewardship Project, will describe the Mountain's native plant habitats and the challenges of protecting them on Thursday, June 7 at 7:30 p.m. at the Theater of the Randall Museum, 199 Museum Way. For more information, call 752-7031.

Nearly \$12 Million Approved for Bayview, Potrero Hill Programs

In an effort to get the money where it's needed most, the Commission on the Environment awarded grants totaling nearly \$12 million to community environmental health and energy programs in Bayview Hunters Point and Potrero Hill. The Commission's award recommendations were approved unanimously today by the Finance Committee of the Board of Supervisors, which frees the funds for distribution to the community.

In total, \$8,614,393 has been approved for thirteen community projects, and an additional \$3,000,000 has been earmarked to support priorities identified by the Mayor's Environmental Health and Energy Task Force. The task force, chaired by District 10 Supervisor Sophie Maxwell, was called together to identify solutions to ongoing environmental problems in Bayview Hunters Point and Potrero Hill.

In a process that started with public hearings last September, the Commission on the Environment developed and

oversaw a grant program open to both community groups and city departments.

The grant funds were made available by the California Public Utilities Commission for projects intended to address neighborhood environmental issues arising from the sale and possible expansion of the Potrero Hill power plant, as well as the shutdown of the Hunters Point power plant.

"Bayview Hunters Point and Potrero Hill carry a heavy environmental burden for San Francisco," said Environment Commission vice president Parin Shaw, who is also program director for the Bayview-located San Francisco League of Urban Gardeners. "It's great to be able to get a significant amount of money directly into the community to help." The programs selected by the Commission on the Environment, and approved by the Board of Supervisors, which frees the funds for distribution to the community.

*Department of Public Health: \$330,000 for environmental health outreach.

*Greenaction: \$150,000 to launch an education campaign pertaining to superfund site cleanup and powerplant shutdown.

*Health and Environmental Resource Center: \$500,000 for planning expansion of existing center.

*Literacy for Environmental Justice: \$897,942 to create a "living classroom" at Heron's Head Park.

*M. Cubed: \$1,500,000 to train residents how to conduct energy audits and improve energy efficiency.

*Potrero Hill Neighborhood House: \$475,000 to conduct energy retrofit of this neighborhood-serving building.

*Strybing Arboretum: \$1,500,000 to establish horticultural jobs training program.

*Tetra Tech and Potrero Hill Middle School: \$355,540 to install solar panels and windmills at the school.

*Trust for Public Land: \$300,000 for improvements to the waterfront recreational facility at India Basin Shoreline.

*Young Community Developers: \$409,000 for job training program on identifying and abating hazardous materials.

As a Matter of Fact

*The Hundred Years War between England and France actually lasted 116 years.

*On Sept. 17, 1968, Gaylord Perry of the San Francisco Giants threw a no-hitter, beating the St. Louis Cardinals 1-0. The following day, Ray Washburn of the Cardinals threw a no-hitter, beating the Giants 2-0.

*The lily was a common symbol of fruitfulness in China, Japan, India, Egypt, Greece and Rome.

*The first horse to win racing's triple crown was Sir Barton in 1919. The triple crown consists of the Kentucky Derby, the Preakness and the Belmont Stakes.

*On May 26, 1959, Joe Adcock of the Milwaukee Braves hit a home run with two men on base in the bottom of the 13th inning of a scoreless game. But because Adcock passed another runner on the base paths, he was only credited with a double, making the final score 1-0.

*It's often said the first frost will come six weeks after you've heard the last cricket.

*It once was customary to bake a cake with a bean in it on Jan. 6th. Whoever got the slice with the bean was believed to have good luck all the rest of the year.

*The highest official temperature in the world, 135 degrees Fahrenheit, was recorded in Al Aziziyah, Libya in September 1922.

*The first Presidential mansion was located at No. 1 Cherry St., the Franklin House on the corner of Franklin and Cherry Streets in New York City. President Washington occupied it from 1789 until 1790.

*In 1816, frost occurred every single month in the northeastern United States.

*The country of Bangladesh was formerly known as East Pakistan.

*Young rabbits are born blind but hares are born open-eyed.

*The bat is the only mammal capable of flight.

*In the first rope tow for skiers in the U.S., a Model T Ford served as power for the rope.

*Only one in five diamonds mined is of gem quality.

*Some people believe that when a horse yawns, the weather is going to change.

*A dog's sense of smell is a hundred times greater than a human.

*With proper care, a grapevine can produce fruit for a century.

*Fuel injection, which improves the performance of automobiles, was introduced by the British in 1966.

*The kaleidoscope was invented by Sir David Brewster in 1816.

*The game of Chinese Checkers was invented in the late 19th century in Scandinavia.

Visitacion Valley Police Log

* Apr. 15: 2 a.m., Sunnydale Ave. and Hahn St., robbery on the street, strong-arm.
 * Apr. 16: 7 p.m., 1900 block of Sunnydale Ave., burglary of residence, unlawful entry.
 * Apr. 17: 11:10 p.m., 000 block of Teddy Ave., aggravated assault with knife.
 * Apr. 18: 11 p.m., 100 block of Teddy Ave., grand theft from locked auto.
 * Apr. 19: 9:30 p.m., 1900 block of Sunnydale Ave., burglary of apartment house, unlawful entry.
 * Apr. 22: 12:40 a.m., 1200 block of Sunnydale Ave., aggravated assault with bodily force.
 * Apr. 22: 9 p.m., 2200 block of Geneva Ave., burglary of store, forcible entry.
 * Apr. 24: 3:45 p.m., McLaren Park, robbery on the street with knife.
 * Apr. 24: 6:41 p.m., Rutland St. and Leland Ave., robbery on street with dangerous weapon.
 * Apr. 24: 10:30 p.m., Sunnydale Ave. and Hahn St., attempted robbery on street with gun.
 * Apr. 25: 11 a.m., 400 block of Wilde Ave., burglary of residence, attempted forcible entry.
 * Apr. 25: 1 p.m., 1300 block of Visitacion Ave., robbery on street, strong-arm.
 * Apr. 26: 4:30 p.m., Sunnydale Ave. and Hahn St., grand theft from person.
 * Apr. 26: 11:16 p.m., 000 block of Garrison Ave., burglary of flat, unlawful entry.
 * Apr. 27: 4 a.m., 4000 block of San Bruno Ave., robbery on street with gun.
 * Apr. 27: 8:15 a.m., 400 block of Wilde Ave., burglary of residence, forcible entry.
 * Apr. 27: 5:30 p.m., 000 block of Delta St., burglary, forcible entry.
 * Apr. 28: 7 a.m., 2100 block of Bayshore Blvd., robbery of commercial establishment, strong-arm.
 * Apr. 29: 12:30 a.m., Velasco Ave. and Santos St., grand theft from locked auto.
 * May 1: 11 a.m., 900 block of Visitacion Ave., aggravated assault with knife.
 * May 3: 3:30 p.m., Delta St. from Raymond Ave., attempted robbery with bodily force.
 * May 4: 4 a.m., 200 block of Delta St., burglary of residence, forcible

entry.

* May 5: 12 noon, 400 block of Wilde Ave., burglary of residence, forcible entry.
 * May 5: 8:50 p.m., 000 block of Brookdale Ave., burglary, hot prowl, unlawful entry.
 * May 8: 5:30 p.m., 100 block of Britton St., grand theft from building.
 * May 8: 7:10 p.m., Sunnydale Ave. and Schwerin St., robbery on street, strong-arm.
 * May 9: 2:30 p.m., 400 block of Raymond Ave., grand theft from building.
 * May 9: 9:18 p.m., Velasco Ave. and Argonaut Ave., aggravated assault with gun.

Keep Home Fires Burning Safely

(NAPS) A recent study found that most Americans are homebodies at heart. According to the American Association of Retired Persons (AARP), 80 percent of retiring adults want to "age in place," that is, remain in their homes near friends and family.

Experts caution that as people age in place, it becomes increasingly important to remember fire safety. The United States Fire Administration (USFA) found that the fire casualty rate for people over the age of 65 is twice as high as the national average.

In addition, the fire death rate among people between the ages of 75 and 85 is three times the national average and after age 85, increases to four times the average.

These statistics have prompted the USFA to launch a new fire safety campaign called Prevent Fire. Save Lives.

The organization says by learning and practicing fire safety, it's possible for people to reduce their chances of being fire victims as they age.

USFA offers the following fire safety tips for people over 65:

Have An Escape Route

* Update, plan and practice your fire escape route. Know two ways to exit each room in your home.

* If you use a walker or wheel chair, make sure it fits through exits.

* Be sure you can open all doors and windows.

Maintain Smoke Alarms

* Having a working smoke alarm can more than double your chance of surviving a fire. Install a smoke alarm on every level of your home.

* Test your smoke alarms once a month and change the batteries at least once a year.

Careless smoking is the leading cause of fire deaths among Americans over 65, while cooking fires cause the most fire injuries in that age group.

Unsafe heating practices are also a major cause of fire deaths among people over 65. To address these dangers, the USFA offers these tips: Be Careful When Smoking

* Never smoke in bed, near oxygen sources or gas stoves.

* If you begin to feel drowsy while relaxing, extinguish your cigarette.

* Soak ashes in water before discarding them. Warm ashes dumped in wastebaskets can smolder and ignite.

Cook Safely

* Do not leave food that is cooking unattended. If you must leave the kitchen while cooking, carry a pot holder or towel to remind you that the stove or oven is on.

* Wear short, tight-fitting sleeves while cooking.

Heat Your Home Safely

* Keep flammable materials at least three feet from space heaters.

* Have your chimney cleaned regularly. Tar build-up in a chimney can ignite.

The United States Fire Administration, an entity of the Federal Emergency Management Agency, is considered the leader in the areas of public fire education and awareness, fire service training, fire related technology and data collection.

For more information on senior fire safety or other fire safety topics, write to the United States Fire Administration, Public Fire Education, Building 1, 16825 South Seton Avenue, Emmitsburg, MD 21727 or visit www.usfa.fema.gov.

Report Suggests Hangover Prevention Pill Needed

A noted medical team estimates inebriation. Three physicians, who collaborated on the research, believe that if a product were developed that could prevent hangovers, some of the billions of dollars lost due to un-productivity could be saved.

The study also reports that, "hangover has never been shown to effectively deter alcohol consumption, and no evidence shows that alleviation of hangover symptoms would result in further consumption. In contrast, the discomforts of hangover symptoms may prompt further alcohol intake (for example, the 'eye opener')."

As a result of their findings, the research team believes that preventative treatment seems warranted.

Ironically, hangover-induced absenteeism and poor job performance have been found to be much more common in light-to-moderate drinkers (87 percent) than in heavier drinkers. The findings appeared in the Annals of Internal Medicine, a biweekly journal published by the American College of Physicians-American Society of Internal Medicine.

The research also points out that hangover sufferers can be a threat to themselves and others even after their blood alcohol levels return to normal. Because of the reduced cognitive abilities that accompany a hangover, routine activities such as driving or work activities can be severely hampered, suggesting that hangovers can be more insidious than actual

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 extract formula has the ability to protect the human body against various types of physically stressful aggressions. The extract accelerates a natural protection and recovery action in the human body that can protect us from disruptions to cells and help us recover from physical stress caused by alcohol toxicity. Taken as directed, the extract formula, which also contains B-vitamins, hinders the harmful effects of alcohol over-consumption that can feel so devastating the next morning.

Realizing the market potential for a natural extract that prevents the ravages of a hangover, a Southern California company, Perfect Equation, Inc., has acquired the exclusive rights to manufacture and market the hangover prevention product, trademarked under the name HPF Hangover Prevention Formula (tm).

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEENTHERE_DONETHAT The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work-Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: \$75; 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

CERAMICS CLASS

Visitacion Valley Community Center Senior Program

Adult Class, Beginners thru Advanced with Instructor Mary Margaret Baldwin in VVCC Art Room, 50 Raymond Ave.

Thursdays from 9 a.m. to 4 p.m.

(Drop in Anytime) Everyone Welcomed

Call Pat at 467-4499 for more information

Join the Fun! It's Great Therapy!

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS

ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE

BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130

BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239

CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450

TW AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281

VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

CUNEOP BAKERY, 96 Leland Ave., 239-6090

LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

DEMASI'S BARBER SHOP, 35 Leland Ave.

THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891

MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381

MIZ RENA'S SALON, 19 Blanken Ave., 467-3399

NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6000

A NEW START HAIR STUDIO (Joyce Holins), 222 Leland Ave., 584-3077

WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS

HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS

CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES

CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950

COIN LAUNDRY & DRY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING

3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGEVIEW UNITE METHODIST CHURCH, 590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6065

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-6270

LOCKSMITH

M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LOGGING

THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER

NATIONWIDE PAPER, 345 Schwerin St., 586-9160

LIBRARY

VISITACION VALLEY LIBRARY, 51 Leland Ave., 239-5045

LOCKSMITH

LOCKSMITH, 200 Leland Ave., 587-8403

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Burning Issue of Concern in Home Fires

Home is our refuge, where we feel comfortable, safe and secure. Yet recent statistics on fire could challenge that sense of security.

Consider this alarming fact: 81 percent of all fire-related fatalities occurred in the home, according to figures released in 2000 by the National Fire Protection Association (NFPA). An even more alarming fact is that in North America, on average, over 4,000 people die each and every year from fire, and more than 25,000 others are injured.

Equally shocking is how most of these deaths occurred. Contrary to popular belief, the leading cause of death from a fire is not burns. Smoke inhalation is the culprit, causing over 77 percent of all fire fatalities, a recent article (February 2000) in the NFPA Journal reported. Smoke inhalation deaths totaled 2,236, while burns accounted for only 526.

In fact, smoke does more than asphyxiate victims: Survivors of fires have reported confusion and panic impeding them and others from reaching an exit in smoke-filled areas.

Survivors have also said disorientation - a loss of clear thinking and visibility - seriously restricted their mobility and ability to act during the emergency. Disaster reports further stated that panic-stricken victims often hyperventilate, breathing in massive amounts of toxic fumes and smoke, which can hasten death.

Smoke from home fires, particularly those involving upholstery, contains a cocktail of lethal toxins including benzene, sulphur dioxide, formaldehyde, hydrogen chloride, ammonia and hydrogen cyanide. But the most lethal of all is carbon monoxide (CO), the number one killer in fires!

Often dubbed the "silent killer", CO earns its name from its odorless, colorless and fatal properties, killing people with concentrations as low as one-fifth of one percent in air and producing symptoms of poisoning with as little as 1/1000 of a percent. Another urgency facing those caught in a fire is time. Seconds become precious from the moment smoke is detected. Depending on various factors, such as the fire's location and the size of the structure, a person may succumb to smoke inhalation in less than 60 seconds. It is estimated that 94 percent of people die before the firefighters arrive.

Prevention

There are a number of ways to prevent deaths and injuries due to fires in the home. In the 1999 Fire Loss in the United States report in the NFPA Journal, author Michael J. Karter Jr., a senior statistician with NFPA's Fire Analysis and Research Division, said the key to reducing the fire death toll were fire safety initiatives targeted at the home.

He said, for example, that more people must use and maintain smoke detectors. The NFPA reports that 93 percent of all homes and businesses in the United States have at least one smoke detector installed, and this has accounted for a significant drop in fire fatalities. But maintenance is important and smoke detectors should be replaced every ten years.

There are also CO detectors on the market to help alert families to carbon monoxide in the home.

Karter went on to say that while early

smoke detection is vital in the event of a fire, more people must develop and practice escape plans. He warned that those most at risk were infants, the elderly and the poor, and their special fire safety needs must be better addressed. His warning echoed the NFPA's statistics that children five and under account for 19 percent of home fire deaths, and their risk is twice that of the general population. Meanwhile, the statistics showed that people over 65 have a risk that is almost five times as great.

Solution

Fire prevention experts agree that maximizing the few seconds available to escape a burning building could mean the difference between survival and death. Again, the most immediate problem is the toxic atmosphere created immediately by combustion.

An innovative lifesaving device called a smoke hood solves this problem by filtering out toxic fumes and smoke. Often used in industrial safety and aviation applications, smoke hoods are increasingly being purchased by frequent travelers, and safety-conscious homeowners.

Public awareness of their value was heightened after recent print and TV media focused attention on devastating aviation disasters and stances taken on them by safety advocates, including Ralph Nader and former U.S. Department of Transportation Inspector General Mary Shiavo.

Proven effective in emergencies as well as laboratory testing, smoke hoods fit over the head, protecting the eyes, face, hair and neck from heat, while a filtration system prevents toxic gases, fumes and particles from reaching the lungs. Several leading models also utilize a catalytic process to protect the user from CO poisoning.

One example of a CO capable design is the EVAC-U8 Emergency Escape Smoke Hood, manufactured in Vancouver, Canada. This device has been highly recommended by fire, travel and safety experts as the most effective, affordable and user-friendly smoke hood on the market. The EVAC-U8 is a cylindrical canister, about the size of a pop can and weighing only 11 ounces (312 grams). It provides 20 minutes of protection against high concentrations of CO other toxic gases and fumes, because of its unique multistage chemical catalytic filtration system.

The EVAC-U8 is simple to use. Once the lid of the sealed canister is twisted off, the hood (made of Teflon-coated Kapton, a heat and flame resistant material) is released. Pulling back to hood exposes a mouthpiece and attached nose clip. After inserting the mouthpiece and applying the nose clip, the hood is easily positioned over the head.

Another feature praised by safety professionals is the white luminescent disc at the base of the canister. The disc glows in the dark, enabling firefighters to easily locate the user. The EVAC-U8, which has a 5-year shelf life, comes complete with a wall mount for use in the home. The manufacturer will replace, at no charge, any unit that is used in a documented fire emergency.

For more information on this potentially life-saving technology, call 1-800-459-3822, or visit www.evac-u8.com.

Fast Food Celebrates 50 Years of Meals on Wheels

(NAPS) Fifty years ago, as drive-thru restaurants were beginning to appear in California, the term "fast food" was first used by reference book publisher Merriam-Webster.

In the 1950s, America was enjoying post-war economic prosperity and a blossoming love affair with the automobile. With more cars on California's developing highway system and more people commuting from the growing suburbs, fast food was becoming a fitting accompaniment to the country's new on-the-go lifestyle.

Jack in the Box is considered one of the early pioneers in the dining "à la carte" concept. Credited with creating the first breakfast sandwich and portable salad, the company's first restaurant opened in 1951 along the main east-west thoroughfare leading to San Diego.

Equipped with a drive-thru lane that featured a grinning clown head atop a two-way speaker and a few picnic tables for walk-up guests, the tiny restaurant served up 18-cent hamburgers to hungry motorists.

"The drive-thru has been the cornerstone for our success," said Ken Williams, president and chief operating officer of Jack in the Box, Inc. "People crave convenience, yet they're often so busy that they don't have time to stop for a meal. In a matter of a few minutes, they can place an order, get a freshly prepared, hot sandwich and be on their way. That's why they call it 'fast food.'"

Five decades after its founding, the Jack in the Box chain includes more than 1,670 restaurants in 15 states. The definition of fast food has evolved as well, as evidenced by the chain's increasingly diverse menu. Once limited to hamburgers, shakes and french fries, its menu of fast food now includes french toast sticks, chicken fajita pitas, egg rolls and cheese sticks.

Fast-food restaurants have undergone a lot of changes, too. While their early counterparts featured simple, two-way speakers that provided poor sound quality, today's drive-thrus feature order confirmation screens on menu boards that can project vibrant color pictures or appetizing videos of foods before or after they're ordered.

Other changes include dual drive-thru windows that enable guests to pay for meals at one window and pick them up at another. And if guests are short on cash, more and more chains are accepting credit cards. Some are even testing payment systems that debit a guest's account by reading signals from a cell phone.

Although other concepts combining automobiles and service have gone out of public favor, such as drive-in theaters, drive-thru dining is still going full-throttle.

Overdue Books Amnesty At S.F. Public Library

San Francisco Public Library borrowers are encouraged to return their overdue books and library materials without penalty or fine during an amnesty to be held June 1-15, 2001. Materials returned need to be in good condition.

The theme of the amnesty is Share the Thrill. Return the Books! Overdue materials can be returned to any branch or the Main Library.

The Library is interested in knowing why materials are outstanding in order to help prevent future losses. Library patrons will have the opportunity (completely optional) to share their stories about why their books are overdue. During the Library's last amnesty in 1998, some periodicals published in the 1850s were returned which had been checked out three days before the 1906 earthquake.

Prizes will be awarded for the longest overdue item returned, the most interesting and/or creative stories about why the library materials could not be returned on time, and the greatest distance traveled to return the materials. The Library will publicize the most interesting stories received.

The Library fee amnesty is authorized by an ordinance submitted by Supervisor Leland Yee, amending the San Francisco Administrative Code to authorize the Library Commission to establish a Library fee amnesty program to take place during a two-week period prior to July 1, 2001. The purpose of the amnesty is to promote the return of needed Library materials or promote the increased use of the Library.

The amnesty does not include overdue fines still on record from previously returned materials.

Signs of the Times at Heritage Homes



Remaining true to what is now history, two new streets at Heritage Homes which would have run perpendicular to the former Schwerin Street building of Geneva Towers are now gentle reminders of the past.

Medical Billing Opportunities

Not Exactly What Doctor Ordered

"Earn \$\$\$ helping Doctors. Process medical claims from home. \$20-\$40/hour potential. Computer & modem required. We train."

The classified ad looked like the perfect set-up for a Cloverdale, Ind., man: He could earn good money working at home so he could care for his three children and sick wife. He called a toll-free number and heard that for \$377, he would get everything he needed to launch a lucrative work-at-home medical billing business, including the computer software program and the names of doctors who wanted the service. If he wasn't completely satisfied, he could return the package within 30 days for a full refund.

As it turned out, the Hoosier wasn't satisfied with the plan. And he wasn't alone. Nearly 300 people have complained to the Federal Trade Commission and other government agencies and consumer protection organizations about one such medical billing promoter.

According to the FTC, the consumer victims paid from \$325 to \$495 for a program that advertised far more than it delivered. For example, the consumer protection agency said, although the ads claimed that users could make as much as \$50,000 a year working from home, "most didn't make a nickel."

Stephen Gurwitz, an attorney with the FTC, says that when the would-be workers called for more details, they were told that they would get the name of at least one doctor who was in the market for medical billing services.

"They got an out-of-date database of doctors who had never asked for the service," he says, "plus a sample letter to use to find their own clients. The money-back guarantee was barely worth the paper it was written on. Only a few people got a refund, and that was after repeated phone calls to the company, or complaints to their credit card companies or government agencies and consumer groups."

Gurwitz calls work-at-home scams one of the oldest forms of classified advertising fraud. Often, he says, the scammers solicit consumers through classified ads in the "Help Wanted" section of local newspapers throughout the country, and in "giveaway" shopper's guides. But many of the fraud promoters are turning to the Internet to deceive consumers.

Medical billing business opportunities are typical of the work-at-home schemes touted in the classifieds. They promise that consumers can earn substantial income, either full or part-time, and that no selling or experience is required. The ads direct consumers to call a toll-free number for more information.

"What they don't say is that the information is part of a high-pressure sales pitch that promises big bucks for a small investment," Gurwitz says. "But the chances of making the money claimed processing medical claims are slim to none, especially for a person with little or no medical experience and no connection to any doctors."

Since 1996, the FTC has brought nine cases against medical billing scams, including four in 2000 alone. Yet, Gurwitz says, as quickly as these companies are put out of business, others appear to take their place.

The FTC warns that few consumers purchasing a medical billing business opportunity are likely to earn money, or even recoup their investment. Newcomers to the medical billing market — especially those with no previous experience and no contacts in the medical field — face fierce competition.

For consumers considering buying into a medical billing business opportunity, the

FTC's Gurwitz suggests these caveats:

*Get all earnings claims in writing. Be sure the information includes the number and percent of past or current purchasers who have earned at least as much as the promoter claims. If the promoter hesitates or refuses to give the information in writing, walk away from the deal.

*Talk to other people who have bought into the program. Ask the promoter to give you names of all or many previous purchasers so you can pick and choose whom to call. Interview these references in person and ask for the names of their clients and about details of their operations. If the promoter wants to give you only a few references, be wary. They may be "shills" — people paid to endorse the program.

*Check out the company with the state Attorney General's office, consumer protection agency and the Better Business Bureau in your area and the area where the promoter based. These organizations can tell you whether there are any unresolved complaints about the company. Be aware that the absence of complaints doesn't necessarily mean the company is legitimate.

*Consult with an attorney, accountant or other business advisor before you sign any agreement or make any payments up front.

"Because there are so many fraudulent operators out there, it's critical that consumers interested in work-at-home opportunities keep their eyes wide open and their wallets shut tight until they're absolutely sure what they're getting for their money," says Gurwitz.

Veteran's Affairs Qs & As

Q: VA recently said it would give benefits to the children of Vietnam veterans with leukemia. What kind of benefits? How do I apply?

A: The Department of Veterans Affairs (VA) is in the early stages of putting together a package of benefits for victims of a rare form of leukemia whose parents served in Vietnam. No one knows what those benefits will be. It will take several months before veterans can begin applying for the new benefits.

But two things are clear: First, the parent must have been physically present in Vietnam during the war. Second, the child must have a certain kind of leukemia, acute myelogenous leukemia (AML). This is not the most common form of leukemia. The Institute of Medicine reported April 19 it has evidence that AML is more common in the families of Vietnam veterans than among their peers who served elsewhere during the war years. Researchers believe the disease in children was caused by a parent's exposure to Agent Orange and other toxins in the combat zone.

Q: I got a certificate of eligibility from VA to buy a home using my GI Bill benefits. Then the deal fell through. Do I have to get another certificate when I try to buy another home? Is there an expiration date?

A: The certificate of eligibility is the form that VA provides to show a veteran is eligible for the home loan benefit. Veterans can obtain the application for a certificate and information about where to send it by calling the VA at 1-800-827-1000. Generally, the certificates are valid until used. However, a certificate issued to a person while on active duty is only valid while the person remains on active duty.

For persons qualifying based on service in the reserves or National Guard, eligibility expires Sept. 30, 2007.

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